Proposed Synopsis for Ph. D. Pre-registration Seminar

The Impact of Parental Alcoholism on Insecurity, Social Adjustment and Academic Achievement among School Going Adolescent

By

Philmon Toappo
Research Scholar
University Dept. of Psychology
Ranchi University, Ranchi

Under the Supervision and Guidance of

Dr. Priy PurshotamAshutosh
Assistant Professor
Department of Psychology
R L S Y College, Ranchi
Ranchi University, Ranchi

Submitted to

University Department of Psychology
Ranchi University, Ranchi
Jharkhand

2024

The Impact of Parental Alcoholism on Insecurity, Social Adjustment and Academic Achievement among School Going Adolescent

1.0 Introduction

1.1 State of the art

Alcoholism is a chronic disease that affects millions of people worldwide. It is characterized by an obsessive need to consume alcohol, even in the face of negative consequences. Alcoholism can have a devastating impact on families, including children.

The impact of parental alcoholism on school-going children is profound and multi-faceted, affecting their emotional, social, and academic development. Children in such environments often face instability and unpredictability at home, which can lead to insecurity and problems in social adjustment and academic achievement arises. The lack of a nurturing and supportive environment may result in feelings of embarrassment, guilt, and loneliness, as these children might struggle to relate to their peers who come from more stable backgrounds. Children may also take on responsibilities beyond their years, which can cause them to miss out on educational opportunities or extracurricular activities that are crucial for their overall development.

Socially, the stigma associated with a parent's alcoholism can isolate children from their peers, while the fear of unpredictability at home might prevent them from inviting friends over or engaging in social activities. This social isolation can hinder the development of healthy social skills and relationships, which are essential for personal and professional success later in life.

Moreover, the exposure to alcoholism at a young age increases the risk of these children developing substance abuse problems themselves, perpetuating a cycle of addiction. The insecurity can lead to mental health issues such as anxiety, depression, and low self-esteem, which might follow them into adulthood.

Schools and communities need to be aware of and sensitive to the needs of children with alcoholic parents, providing them with the support and resources they need to overcome these challenges and succeed despite their difficult circumstances.

Growing up with an alcoholic parent can be a difficult and traumatic experience. Children of alcoholic parents are more likely to experience insecurity in all areas of their lives, including their relationships with others, their sense of self, and their ability to achieve their goals. One of the main reasons why children of alcoholic parents often feel insecure is because they are not able to rely on their parents for emotional support. Alcoholic parents are often unpredictable and unreliable. They may be too intoxicated to be there for their children when they need them. They may also lash out at their children verbally or even physically. This can make children feel unsafe and insecure. Another reason why children of alcoholic parents often feel insecure is because they are often exposed to chaos and instability in their homes. Alcoholic homes are often characterized by arguments, violence, and financial problems.

This can make children feel anxious and stressed. It can also make them feel like they are not in control of their own lives.

In addition, children of alcoholic parents often feel ashamed of their parents' drinking. They may be afraid that their friends and classmates will find out about their parents' alcoholism. This can lead them to withdraw from social activities and isolate themselves from others. As a result of all of these factors, children of alcoholic parents are more likely to develop insecure attachment patterns. Insecure attachment patterns can make it difficult for children to form trusting and healthy relationships with others. They can also lead to a number of other mental health problems, such as anxiety, depression, and low self-esteem.

Children of alcoholic parents are at a significant disadvantage when it comes to accessing towards their academic achievement. This is due to a number of factors, including:

- **Financial barriers**: Many alcoholic families experience financial difficulties. This can make it difficult for parents to afford to develop academic achievement for their children.
- **Stigma:** There is still a lot of stigma associated with alcoholism. This can prevent parents from seeking to develop academic achievement for themselves or their children.
- **Lack of awareness**: Many alcoholic parents do not know how to help their children .

Insecurity in life can have a number of negative consequences for children of alcoholic parents. These children are more likely to experience academic difficulties, emotional and behavioral problems, and social problems. They are also more likely to engage in risky behaviors, such as substance abuse and early sexual activity. Academic achievement can help children to develop a better understanding of themselves and their families. It can also help them to develop the skills and resources they need to succeed in life.

1.2 Alcoholism

Alcoholism is a widespread social problem which affects the alcoholic's family including those in their years of adolescence. The most widely accepted definition of alcoholism is the one offered by **Keller and others (2002)** "Alcoholism is a chronic illness, psychic, somatic, or psychosomatic which manifests itself as a disorder of behavior. It is characterized by the repeated drinking of alcoholic beverages to an extent that exceeds customary dietary use or compliance with the social customs of the community and that interferes with the drinker's health or the social or economic functioning".

The characteristics of Alcoholism:

It is a primary disease: Alcoholism is a disease which causes mental, emotional and physical problems. These associated problems cannot be effectively dealt with unless alcoholism is treated first.

It is a progressive disease: If it is not treated, the disease progresses from bad to worse. Sometimes there may be intermittent periods where one can feel there is improvement, but over a period of time the course of disease will only be towards deterioration.

It will be a terminal disease if not treated: A person drinking excessively, may die due to some medical complication like cirrhosis or pancreatitis. But on close scrutiny, it will be found that there are many complications developed and induced by alcohol. Thus, alcohol is a real agent behind a person's death.

Impact of Alcoholism on Family:

The family is a heaven of security in which its members find themselves into comfort and reassurance from the challenges and trials of the outside world. It is the primary provider of the emotional, intellectual and physical environment in which a child lives. This environment will impact on the child's ability to cope with future challenges. Yet standing in sharp contrast to the picture of the family as the source of love, sympathy and support is the realization that the family can also be a source of exploitation and violence. Alcoholism is a disease which affects not merely the alcoholic but members of his family as well. Every aspect of family life is adversely affected. The basic foundations of happy family life - trust, love, respect and cooperation are corroded. The atmosphere destroys any hope of a healthy relationship between husband and wife, parent and child, sibling and other relationships. Traditional roles are changed and the family is disturbed socially, financially, emotionally and becomes dysfunctional. The protective factors include support, security, peaceful co-existence and opportunities for growth and healthy conflict resolution. Its stressful influence includes parental alcoholism, mental illness, poor economic /social conditions, marital discord and many others. When parents give their own needs priority without adequate regard for the needs of their children, family systems become dysfunctional **(Nagalakshmi and Suman, 1995)** and as a consequence, children will be affected in a variety of ways. Alcoholism is a major source of family stress that pushes families to the dysfunctional end of continuum. The alcoholic parent is preoccupied with alcohol and the non-alcoholic parent's focus is on the alcoholic parent. Family members are too busy to coping with drinking and its aftermath that the child's needs are overlooked. Inconsistent, irresponsible parental behavior leaves the child with confusing signals for appropriate behavior. Display of warmth and affection may be sadly lacking. Internalizing the negative messages, the child can grow up feeling incapable and unworthy. Family life is inconsistent, unpredictable, arbitrary and chaotic i.e. what is true one day may not be true the next day. The family of the Alcoholic is a set of hurt, confused people. They are victims of addiction who do not use alcohol, but are victimized by the drug. They are victims struggling desperately to solve their problems **(Rashmi, 1995).** Alcohol dependence is viewed as a disease and family members also have the disease of Codependence (**Cermak, 1986)**. Codependency is a learned behaviour, expressed by the dependencies on people and things outside the self; these dependencies include neglecting and diminishing of one's own identity. The false commitment emerges is often expressed through compulsive habits, addictions and other disorders that further

increase alienation from the person's true identity. Codependency includes the use of a positive front to cover and control negative emotions with repression of feelings, thus a false self emerges **(Morey, 1999).** Thoughts of self-hatred, self-criticism, feelings of shame and humiliation are included in codependency. A codependent individual has a sense of current ill health which is accompanied by worry and pre-occupation with real or imagined health difficulties and impending body failure **(Hughes, 1977).** Many of the most harmful effects of alcohol addiction are rather easily transmitted to those persons who love the drinker or who depend on him in some important way. Wives who live with alcohol dependent's behavior, compensating for it and feeling angry about it, they forget the many things life has to offer. They lock themselves into a conspiracy of silence as they try to clean up the mess, pretend that everything is normal and avoid provoking the husband into another bout of drink. The wives have to cope with the bewildering unpredictability and frequent unpleasantness of life with a problem drinker. Wives question their perceptions, deny or suppress their feelings and stop communicating freely, thus they become rigid and against to growth. Wives of alcoholics become so desperate to rescue the drinker from blind compulsion that they neglect their other responsibilities, including self-care, and begin to suffer a serious decline in their own emotional, psychological or physical health. In their study, **Hinkin and Khan (1995)** found that wives of psychiatric patients had significantly fewer symptoms when compared to the wives of alcoholics. The impact of alcohol dependence on marital functioning and the psychosocial development of family members are challenging problems to research. At present, health professionals' attention is mainly focused towards the alcohol dependent when the actual sufferers are their family members, wives and children. Alcohol dependent's interest will be to spend the earnings for satisfying their craving rather than supporting the family. This causes great stress on the wives and they are forced to take up the family burden on their shoulders.

Parental Influence on Adolescent Children:

The ability of a family to function healthily will depend on the parents. It is both obvious and true to say that parents have a major influence over child and adolescent development. Many children have competent parents who enable them to grow up to confront the challenges of adolescence successfully. When parents give their own needs priority without adequate regard for the needs of their children, family systems become dysfunctional **(Kumar, Suresh and Thomas, 1997)** and as a consequence, children will be affected in a variety of ways. The level of stress is increasing every day. Being parents at any time is not easy, but being parent to the adolescent today, is a very difficult situation. Home gives them guidance, direction and training. Adolescents also learn what kind of feelings their parents have towards them and towards things, people and issues. All this forms the adolescent's concept about themselves and the world at large. The general atmosphere of the home gives them this. Parents need to address unacceptable behaviors in their children and to encourage the development of socially appropriate behaviours. Some parents engage in behaviors which are unacceptable to the society with consequent damage to their children. Unfortunately, when parents engage in anti-social and

maladaptive behaviors they increase the possibility of their children doing the same. It has been consistently demonstrated that both criminal behavior and alcoholism in parents, particularly in fathers, is related to adolescent anti-social behavior. Thus, irresponsible behavior by parents may result in anti-social and aggressive behaviors being passed down within a family to successive generations.

1.3 **Insecurity of Children from their Alcoholic Parents**

At the emotional level, children of alcoholic parents often experience an unpredictable home environment. The unpredictability of a parent's behavior when under the influence of alcohol can be frightening and confusing, leading to a chronic state of tension and anxiety. These children may live in constant anticipation of the next outburst or episode of neglect, a state of hyper-vigilance that can disrupt their ability to form secure attachments not only to their parents but to other individuals as well. The unpredictable mood swings and behavior of an alcoholic parent can also erode the trust that is the bedrock of a child's sense of security.

Psychologically, the insecurity manifests in various forms, from low self-esteem to serious mental health disorders. The shame associated with a parent's alcoholism can lead to social isolation, as children might avoid inviting friends over or sharing details about their home life. Furthermore, they may internalize the chaos, blaming themselves for their parent's drinking problem, which can lead to profound feelings of guilt and worthlessness. The absence of a reliable adult figure to provide consistent care and guidance can also impede the development of a child's self-regulation skills, leading to difficulties in managing emotions and behavior.

Academically, children with alcoholic parents may struggle due to lack of support with homework, inconsistent attendance, and the emotional toll that their home life takes on their concentration and motivation. They may become pre-occupied with the situation at home to the extent that it impairs their ability to focus on schoolwork, resulting in poor academic performance.

Physically, the insecurity can be tangible. Children may suffer neglect, where basic needs such as food, clothing, and medical care are not consistently provided. In the worst cases, they might also be subject to physical harm or be put in dangerous situations due to a parent's impaired judgment while under the influence of alcohol.

The long-term impact of this insecurity can extend into adulthood. Adult children of alcoholics may find it difficult to establish healthy relationships due to a fear of abandonment or an inability to trust others. They may also be at a higher risk for substance abuse themselves, as they attempt to cope with unresolved trauma from their childhood.

The insecurity children feel due to parental alcoholism is not an insurmountable obstacle. With adequate support from the other parent, extended family, teachers, counselors, and support groups, children can learn coping mechanisms to deal with their feelings and can develop resilience. However, it's crucial for these children to receive consistent support and intervention to mitigate the negative impacts of their parent's alcoholism and to foster a sense of security and normalcy in their lives.

In conclusion, the shadow of alcoholism can cast a long and dark shadow over a child's life, causing pervasive insecurity that affects them on multiple levels. The effects of such insecurity are profound and far-reaching, potentially echoing through generations. It is a poignant reminder of the collateral damage of substance abuse and the imperative to support those most vulnerable to its repercussions.

1.4 Social Adjustment

Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted. It can be defined as a psychological process. It involves coping with new standard and value. In the technical language of psychology ―getting along with the members of society as best is called adjustment. Social adjustment in adolescence means the development of independence from the family and adjustment to various social and environmental demands is vital, as the young people have to learn to meet everyday's challenges of social relationships, educational attainment and employment. Adjustment in social area means an individual's relationship with other individual and social institutions. Social adjustment of a child depends upon how well the child conforms to the approved patterns of behaviour of the social group. Through group interaction he learns to adjust with other people and thus help himself to become a socially well-adjusted individual. From his social explorations, an adolescent must finally emerge with mature and adequate social attitudes, standards, and skills if he is to find any degree of social adjustment as an adult (**Horrocks, 1951**). To make good social adjustments, the individual must perceive and predict the thoughts, feelings, and behaviour of others. Furthermore, good social adjustments demand that the individual develops his behaviour with a society or some social groups within a society. Social adjustment is generally judged in terms of social activity. It is assumed that the better adjusted the individual, the more active he will be socially **(Hurlock, 1955).**

Nature of Social Adjustment

Man is a social animal. We live in a society and form opinion about others and others have opinions about us. We try to behave according to the norms of the society so that we can adjust with others. Psychologists use the term adjustment of varying conditions of social and inter personal relation in the society. Thus, adjustment can be called the reaction to the demands and pressures of the social environment imposed upon the individual.

Perception and social adjustment: There is need of impractical perception for social adjustment. The processes of behaviour e.g. learning, maturation, sensation, perception and motivation contribute to the process of adjustment. The way we interact with people depends, to a great extent, upon how we perceive them and how we interpret their behaviour. The perceptions about people - what we think, what they like - influence the way we respond to them. It is of course, important to have accurate knowledge of others before deciding on the kind of possible interaction with them.

Impression formation and social adjustment: Impression formation is the process by which information about others is converted into more or less enduring cognition or thoughts about them. When we first meet someone, we usually have access to information, how the person looks and where he or she works and what he or she says.

Other processes in social adjustment: There are certain other processes which we can use for social adjustment as under:

1. **Stress and adaptation**: Environmental factors which make it hard for an individual to live are called stress. The stress is experienced as irritation and discomfort. At a slightly more advanced level, stress is explained as the anticipation of harm. In human beings, certain kind of stresses produces anxiety. Anxiety sometimes produces defensive response. Defences are generally regarded as poor methods of adjustment.
2. **Social influence**: The process of social influence contains two critical elements. These are as under:

   (a) Someone's intervention

   (b) Inducing change in other person.

The phenomena of influence, which also include imitation, conformity and obedience always contain an agent which has caused a change in the focal person (FP).

The following five concepts help us understand the process of social influence:

1. **Social facilitation**: In a group situation the presence of others would always influence performance and thus the efforts to bring changes in performance of an individual are called social facilitation. The presence of others increases an individual's arousal level, for example, a well-trained singer would, according to this theory i.e. social facilitation, perform better when others would make more mistakes when giving a recital in front of others than when practicing at home.
2. **Imitation**: A student imitates the behaviour of social personalities for getting the recognition.
3. **Compliance to others**: Human being, as a social being, has to adjust himself in the social environment in his everyday life, he manages others and works according own or other's rules and regulations to his. In a family every member is dependent on each other. Sometimes, even parents obey the rules of their children. This type of situation influences them to adjust in social environment.
4. **Conformity to norms**: Conformity is the situation wherein individuals change their behaviour so that they may become more similar to those of the other members of the group.
5. **Obedience**: Obedience is the situation wherein the agent has a valid right to influence the focal person and the focal person has the obligation to obey. In the present investigation the researcher has developed a social adjustment scale, to find out the level of social adjustment of child in the present contemporary society.

1.5 Academic Achievement

It is the universal phenomenon that no individual is the same. There is difference in the dispositions, characteristics and attributes of the persons. Even in same class there are differences in the students. Their abilities and capabilities are different in one and another way. They are different in the form of age, mental level, personal dispositions etc. It has been observed that academic achievement of the students paves the way for getting a good job and attainment of personal wellbeing as well as social development. It is important for the schools to define cognitive goals which need to be taken care in the different subject areas. Therefore, academic achievement and domains of learning have their relation in education system and family environment. Hence, multi-faceted construct need to be considered in the field of academic achievement and educational outcomes. We know the role of academic achievements in the success of an individual where various positive benefits can be counted. It has three effective roles in life of an individual because it helps in pushing the individual towards his/her goal. Thus, academic achievement is a sign of refined intellect, which shows the knowledge and understanding in the particular field. Further, academic achievement enables the people to compete in the competition and to get a desirable vocation. It has also been found that the students who perform well in the academics would attain a high status in the society. The minds of the students are to be shaped by the high academic achievements. There are different academic credentials required taking into consideration the field of study, such as, we need educational background of Biology for medical and so on. It plays an essential role in life of every individual whether they belong to under developed, developing or developed country. Hence, it is measured by the GPA which is known as "Grade Point Average". Academic achievement is very ardent for the economy of the nation and the prosperity. As a result, several studies have discovered that there is a strong relationship between a society's "academic achievement" and its socioeconomic growth.

Factors Influencing Students' Academic Achievement

There are many obstacles and problems students must face during their school life. Their life does not go smoothly as they must face many issues related to organization of their curricular and co-curricular activities and to maintain the good standard of academic achievement. Hence, it is observed that academic achievement seems to be declined during the early years of adolescent. There are several measures and variables that influence pupils' "academic achievement," such as: family background, socio-demographics, students' belief about learning, goals of the learning, support of the parents, attitudes of peers, teacher-students' interaction, and the content of curriculum.

1.6 Adolescence

Adolescence has been globally accepted to be a period of turbulence and a significant developmental milestone. Young people at this stage experience enormous changes, both physically and psychologically, which usually create much pressure and stress. This stage also involves a gradual distancing from parents and, since gradual distancing is often difficult, this process is often marked by periods of great rebelliousness. Adolescence can be

a stressful time for children, parents and also all others who work with them. Adolescents are generally perceived as a healthy age group, and yet some of them experience a mental health problem, most commonly, depression or anxiety. The adolescent's chief concern is to establish an identity. The identity may be shaped by peers or by fashionable heroes and ideals. Adolescent struggles between two words: needs for autonomy and dependence. Parental alcoholism could further compound and create a not so conducive domestic environment significantly impacting the adjustment and personality of the adolescent as one tries to come to grips with this tumultuous phase in one's developmental career. The adolescent children of alcoholic parents are ignored, misjudged or inappropriately treated during their early development period and they stumble into their adulthood only to carry their unresolved concerns about their marriage, parenting and careers. There is need to develop services for these children who learn to survive and cope with the problems of under function or over function.

.

Review of Literature

The view of literature acts as a stepping-stone towards achievement of the study objectives. The depth and breadth of the literature review emphasizes the credibility of the writer in his or her field. A comprehensive review of available literature related to independent and dependent variables are carefully reviewed to explore the existing state of research. The relevant studies are briefly reviewed which clearly indicates that despite ample of research, there is a lack of knowledge based on empirical investigation of variables under study. Thus, the review has further strengthened the necessity to undertake the study to seek answer to the relevant research problems especially in case of **'The Impact of Parental Alcoholism on Insecurity, Social Adjustment and Academic Achievement among School Going Adolescent'** In this regard following important studies have been mentioned in this chapter. This section chiefly brings out the literature materials which were used as guidelines for the study. Further, this section brings out the topics, such as the impact of parent's alcoholism on their School going adolescents in terms of insecurity, social adjustment and academic achievement.

Studies related to impact of parent's alcoholism on their children

Cork (1969) interviewed 115 children from families with alcoholism and found that almost all youngsters felt unloved, rejected, lacking in self-confidence, generally anxious and afraid of the future. They described strained relationships with siblings, anger and defiance towards adults and inability to have comfortable relationship with friends.

Fine et al. (1976) indicated that children of parents with alcoholism were less able to maintain attention and prone to emotional upsets, anxiety, fears and pre-occupation. He also found them to be emotionally detached, overly dependent and socially aggressive. Children of alcoholics were also shown to have more serious problems with anger and hostility. Children from families with parental alcoholism exhibited such problems as lying, stealing, fighting, truancy and school behaviour problems and they often are diagnosed to have conduct disorders. A higher frequency of hyperactivity, aggressiveness and anti-social behavior was reported.

Nagalaksmi and Suman (1995) assessed family interaction of 40 alcoholic families using the Behrens's Family Interaction Scale. It was found that there were significant differences between alcoholic and non-alcoholic families, the alcoholic families were characterized by poor communication patterns, lack of mutual warmth and support, poor role functioning and spouse abuse. Spouses of alcoholics expressed greater dissatisfaction in all the above areas.

Rashmi (1996) An explorative study was conducted on the impact of alcohol on the wives and children of alcohol dependents. The study was focused on 50 alcohol dependent families in rural and urban areas of Mangalore. The data is collected using a semi structured interview schedule prepared by the investigator. The findings showed strained relationships between marriage partners, negative feelings of children towards alcohol dependent fathers and wives' perception that society had negative attitude towards them.

Thalackamattathil (1996) conducted a study on 100 wives of alcohol dependent patients as experimental group and 30 spouses of patients with affective disorder as control group using

Goldberg Health Questionnaire and the Marital Quality Scale. The results showed greater psychiatric morbidity in spouses of alcohol dependents than in the control group. The study found out that the quality of marital life is significantly poorer in the first group than the second.

Jacob and Windle (2000) are of the view that risks for COAs might relate specifically to parental alcoholism and its impact on offspring development and not to the combined effects of various parental psychopathologies and/or extreme forms of family instability. Exposure to marital conflict is associated with children's adjustment problems, including internalization and externalization. The results indicate the problem drinking may harm children through its association with marital and parenting difficulties. However, there is a contention inside the alcoholic literature relating to children of alcoholics that hold that they manifest no significant differences in terms of psychopathology or other behavioural and personality deficits when compared to children of non-alcoholics.

Furtado, Laucht, and Schmidt (2002), showed that children of currently drinking alcoholic parents had significantly lower self-esteem, more external locus of control and experienced less love and attention than those whose parents had recovered from alcoholism and those who were from homes with no alcohol problems.

Rao et al (2002) in their study on nutritional neglect and physical abuse in children of alcohol-dependent parents have been compared with children of non-alcoholic-dependent parents in a General Hospital. 72 children of alcohol-dependent parents were paired with 81 normal controls. 86.1% in the case group and 49.4% in control group had malnourishment of various grades.45% of the children of alcohol-dependent parents had physical injuries in contrast to 23.4% of children of non-alcohol-dependent parents. Malnutrition co-existed in almost all injured children of 44 alcohol-dependent parents. The investigators concluded that alcoholism in parents of malnourished and injured children was frequently ignored in routine clinical evaluation and suggested that if the risk children are identified early some of the morbidity can be avoided.

Kroll and Taylor (2003) summaries several qualitative studies in this area, observing that children often reported violence, rather than substance misuse, as the greatest problem they faced, with parental alcohol misuse in particular tending to cause aggressive behaviour. They conclude that, while the interaction between violence and alcohol misuse is not necessarily straightforward, there are indications that 'violence is a significant variable in the degree to which other adult behaviours impact upon children – in other words, it may not be the drug or alcohol misuse per se that does the damage but the violence that accompanies it'.

Babita et al (2009) was to see parent-child relationship in children of alcoholic and non-alcoholic parents. The sample consisted of 30 alcoholics and 30 non-alcoholic parents and their children taken from 46 Kanke Block of Ranchi district. Socio-demographic data sheet and Parent Child Relationship Scale were administered to the children. In a child's perception of father in various domains of parent-child relationship, significant difference at $P < 0.01$ was found in the domain of symbolic punishment, rejecting, objective punishment, demanding, symbolic reward in loving and neglecting, and in child's perception of the mother. Significant difference at P <

0.01 was found in the domain of symbolic punishment, rejecting, objective punishment, 2-0 indifferent and in neglecting. The result showed that the children of alcoholic parents tended to have more symbolic punishment, rejecting, objective punishment, demanding, indifferent, symbolic reward loving and in neglecting than children of non-alcoholic parents.

Lacunae of the Earlier Studies:

Literature review in this field reveals that a lot of investigation has been carried out with children of alcoholics and adult children of alcoholics but those with specific focus on adolescent children having parent alcoholic are not many. Further, there has been a focus of studies on children of alcoholics parents are few. Moreover, it is observed that Indian studies specifically with a focus on Adolescent children of parent's alcoholics are very scanty. We can say that there is a dearth of exploration specific to children of alcoholic parent in the Indian context. There is a need for more comprehensive investigation to explore the consequences of parental alcoholism particularly on adolescent children. Studies on Adolescent children having parental alcoholic have explored effects of this problem on the Insecurity and Need for Professional Guidance. There is a need to explore this problem on the insecurity, social adjustment and academic achievement of adolescent children. With the changing family life and influence of globalization in India, life has become more challenging for the younger generation. Problem of parental alcoholism poses greater challenge for these growing children. Indian Studies need to focus on effects of this problem on Adolescent children in all domains and Insecurity, social adjustment and academic achievement. Therefore, the researcher has decided to prepare research questions.

2.0 Problem to be investigated

In the proposed Ph. D. research entitled, 'The Impact of Parental Alcoholism on Insecurity, Social Adjustment and Academic Achievement among School going Adolescent', the researcher is interested to investigate the impact of parental alcoholism (Drunker and Non-drunker), gender (Boys and Girls) and ethnicity (Tribal and Non-tribal) on insecurity, social adjustment and academic achievement of school going adolescent.

3.0 Objectives of the investigation and motivation

Aims of the study

The aim of this study is to find out the Impact of Parental Alcoholism on Insecurity, Social Adjustment and Academic Achievement among School Going Adolescent**.**

Objectives of the proposed research are as follow

- To study the levels of Security and Insecurity among total sample and sample sub-groups of school going adolescents.
- To study the levels of Social Adjustment among total sample and sample sub-groups of school going adolescents.
- To study the levels of Academic Achievement among total sample and sample sub-groups of school going adolescents.
- To study the main and interaction impact of Parental Alcoholism, Gender and ethnicity on Insecurity among school going adolescents.

- To study the main and interaction impact of Parental Alcoholism, Gender and ethnicity on Social Adjustment among school going adolescents.
- To study the main and interaction impact of Parental Alcoholism, Gender and ethnicity on Academic Achievement among school going adolescents.
- To find out the inter-relationship among Insecurity, Social adjustment and Academic Achievement on their school going adolescents.

Motivation

Adolescence is a crucial developmental period and school-going adolescent child is essential for promoting the well-being of these vulnerable youth. At the same time, alcoholism is a widespread social problem which affects the alcoholic's family including those in their years of adolescence. Parental alcoholism is a critical public health issue that can have profound and far-reaching effects on their family and children. Researcher is motivated to know how parental alcoholism affects their school going adolescent and will try to identify the negative impacts which lead to the development of preventive measures to protect adolescents from the adverse effects of parental alcoholism. The finding of this research will be helpful to policymakers to create supportive environments for adolescents through legislation and resource allocation. Researcher is also motivated to advice the allocation of resources to schools and communities to support for affected adolescents.

4.0 Research Questions

Considering the above aims and objectives of the proposed research, the following research questions are constructed:

- What are the levels of Security and Insecurity among total sample and sample sub-groups of school going adolescents?
- What are the levels of Social Adjustment among total sample and sample sub-groups of school going adolescents?
- What are the levels of Academic Achievement among total sample and sample sub-groups of school going adolescents?
- What are the main and interaction impact of Parental Alcoholism, Gender and ethnicity on Insecurity among school going adolescents?
- What are the main and interaction impact of Parental Alcoholism, Gender and ethnicity on Social Adjustment among school going adolescents?
- What are the main and interaction impact of Parental Alcoholism, Gender and ethnicity on Academic Achievement among school going adolescents?
- What is the inter-relationship among Insecurity, Social adjustment and Academic Achievement on their school going adolescents?

5.0 Research Design and Methodology

The Sample

The samples of present study will initially be selected 240 school going adolescent children studying in class IX and X, who shall be selected from different schools located in Simdega district. Purposive sampling technique will be used to collect data. A 2 x 2 x 2 factorial design will be used in this research and the factors of stratification will be:

- Alcoholic Parent – 2 (Drunker and Non-drunker)
- Gender - 2 (Boys and Girls)
- Ethnicity – 2 (Tribal and Non-tribal)

Table - 1
Sample Design

Alcoholic Parent → / Gender →		Drunker		Non-drunker	
		Male	**Female**	**Male**	**Female**
Ethnicity	**Tribal**	30	30	30	30
	Non - Tribal	30	30	30	30
		60	60	60	60
Sub total		**120**		**120**	
Total		**240**			

Variables

Independent variables

1. Alcoholic Parent
2. Gender
3. Ethnicity

Dependent Variables

1. Insecurity

2. Social Adjustment
3. Academic Achievement

Controlled Variables

1. Secondary School Students
2. Schools of Simdega District only
3. Government (State Govt.) and Private Schools
4. Students belonging to classes IX and X

Criteria's

Inclusion criteria

1. Student of both genders
2. Student of all castes and religions including tribal
3. 14 to 19 Adolescence Student

Exclusion criteria

1. Physically handicapped students

6.0 Source of Data and Tools to be used in collection of data

6.1 Source of Data

Data required for the present study will be collected from two major sources, such as primary and secondary. Information will be collected from secondary sources like books, articles, and reports which will provide a variety of information regarding alcoholism and its social and psychological consequences. Major part of the data will be collected through primary source. Primary Data collection will take place in Simdega district, involving different Government and Private Secondary and Senior Secondary Schools. Students from Class IX or X, encompassing Boys and Girls as well as Tribal and Non-tribal groups, will be selected for the study.

6.2 Tools to be used in Collection of Data

1. Personal Data Questionnaire
2. General Health Questionnaire
3. Children of Alcoholics Screening Test
4. Security Insecurity Inventory
5. Social Adjustment Scale
6. Academic Achievement

1) Personal Data Questionnaire

This questionnaire will be prepared by the researcher for eliciting information about the respondents' name, age, gender, place of residence, ethnicity, and education (class).

2) **General Health Questionnaire**

General Health Questionaire-28 was constructed by Goldberg and Hiller in 1979. GHQ-28 can be used to know the possibility of psychological disorder. It is sensitive to various diagnoses and can help in measuring unmet needs. It can be used to detect and treat psychological problems at an early-stage. The original questionnaire consisted of 60 items from which shorter versions of 30, 28, 20 and 12 items have been derived. The 28 items will be used in the present study. The tool has 4 subscales: (a) somatic symptoms, (b) anxiety and insomnia, (c) social dysfunction, and (d severe depression.

3) **Children of Alcoholics Screening Test (CAST)**

'Children of Alcoholics Screening Test' is a thirty item test, designed to identify children whose parents have problems with alcohol. CAST which was developed by Jones in 1982, measures the child's psychological distress associated with parent's drinking, attempts to control a parent's drinking, exposure to drinking related family violence, pre-occupation about parent's drinking, being blamed for parent's drinking and wanting help for problems related to a parent's drinking. The CAST is scored by adding 'ONE' for every 'YES' response. Scores of two to five (2-5) indicate children of problem drinkers/possible alcoholics and scores of six (6) or more suggest a problem of alcoholism in the parent.

Reliability: CAST has an acceptable high internal consistency (0.88 and 0.90) and re-test reliability (0.80).

Validity: Criterion-related validity is documented in numerous correlation studies where positive coefficients were found with favourable.

4) **Security Insecurity Inventory**

This inventory was formulated by. Maslow, Hirsh, Stein and Honigmann (1943). This test consists of 75 questions divided into three groups of 25. Each subtest of 25 questions is made up of an approximately equal number of yes questions and no questions. The security insecurity test is considered to be extremely accurate or fairly accurate by a very large majority of the students in one study (88 percent).

Validity = 0.91

Scoring: There are positive and negative scores assigned for each response to the 75 questions. We need to total the positive and negative scores and calculate the final total sum for the responses.

Following is the scoring pattern:

Above+131- High Security

15 to+131- Normal Security

14 or Less than 14 - Insecurity

5). Social Adjustment Scale

Social Adjustment Scale was constructed and developed by Dutta (2016). The social adjustment scale SAS was designed as a five point Likert type assessing the social adjustment of the subjects. The SAS is self-administering if the examinee fully understands directions. It can be administered individually or in a group setting. It contained 60 items. This scale is appropriate for use within the adolescent school students having age range 13 to 19 years.

Criterion related validity = 1.96 and significant at 0.05 level

Split Half Reliability = The reliability coefficient obtained was 0.853

6) **Academic Achievement**

In the present study, academic achievement was assessed on the basis of student's average score of previous two academic sessions. This information was collected from the reliable sources i.e. result registers and computer records maintained by the schools. The high achiever students were those having more than80% score (average of their previous sessions). Average achievers were between 60%-80% while low achievers were students who scored below 60%.

7.0 Analyses of Data

The following statistical technique will be used to analyze the data and evaluate the research questions:

1. **Percentage** value will be calculated to find out the levels of insecurity, social adjustment, and academic achievement among alcoholism, gender, and ethnicity of school going adolescent children.
2. **ANOVA** will be calculated to find out the impact of insecurity, social adjustment, and academic achievement on alcoholism, gender and ethnicity of school going adolescent.

3. **t' test** will be calculated to know the significance difference of alcoholism, gender, and ethnicity on parental alcoholism, insecurity and academic achievement.
4. **Co-efficient of Correlation** of insecurity, social adjustment, and academic achievement will be calculated on school going adolescent.
5. **Graphical representation** of result will be drawn

8.0 Significance of study

Adolescence has been globally accepted to be a period of turbulence and a significant developmental milestone. Parental Alcoholism could further compound and create a not so conducive domestic environment significantly impacting the adjustment and personality of the adolescent. Adolescent children are ignored, misjudged or inappropriately treated during their early development and they stumble into their adulthood only to carry their unresolved concerns about their marriage, parenting and careers. There is need to develop services for these children who learn to survive and cope inappropriately over function. Alcoholism affects the well-being of the adolescent child in all domains (Physical, Psychological, Emotional, Social and Academic). It is also relevant to study the coping patterns of these children to this problem. This study is important as it focuses specifically on Adolescent Children where there is dearth of such studies in the Indian context. It is essential to unearth the impact of Parental Alcoholism on adolescent. The results of this study will definitely help in understanding the situation of these adolescents and help them appropriately.

9.0 Its relevance to present day problem and needs of the society

Psychometric analysis of school going adolescent under the influence of parental alcoholism plays a vital role in reducing stigma and discrimination. Around the world, there continues to be a great deal of fear and stigmatization of such students. Though different researchers studied support and the psychological wellbeing of such students but students in the state like poor Jharkhand where there are 54% BPL class of family reside, they have acute problem of alcoholism. In light of above facts, the present study becomes relevance to present day problem and needs of the society. Problem of students is multi-dimensional and affects almost every aspect of human life. Due to fast changing socio-economic scenario of the state, fast modern life style in the state of Jharkhand, younger generations hardy interact with their problem with family members. Hence, stress is unavoidable but discussion with friends and family members will help to minimize their stigma and pain. In light of above facts, the present study becomes relevance to present day problem and needs of the society.

10.0 Contribution to existing knowledge

Adolescents are growing children who are in the 'threshold of life'. They have tremendous potentials to grow and develop positive behaviours and contribute to their Individual development and for the welfare of their family and society. Adolescents are future citizens and they require the right direction, guidance and motivation to build a healthy personality.

The present study has an immense scope for Social Workers, Psychologists and Counsellors at de-addiction Centres, hospitals and other Health settings treating alcoholics. The literature available to respond to these questions was limited in quantity and heterogeneous with respect to methodologies, study populations, and assessment of alcoholic parents. Despite these limitations the present study will provide data that may be applicable to school going adolescent children who are affected by their alcoholic parents in Jharkhand and for some other states like it. It is hoped that this study will provide information for parents, educators and school administrators to reflect upon various factors that help students in achieving their academic goals without fear and mental harassment. In the light of this problem, the study is designed with an earnest attempt to throw light on the most challenging problems faced in the present educational system to acknowledge students, teachers, parents, and concerned bodies about the impact of such problem in some selected secondary schools of Jharkhand.

11.0 Future work

Our research for social behaviour with school going adolescent who are affected by their alcoholic parents to provide better life is equally important and the finding of present study will stimulate and invite the other researchers of psychology interested in studying social behaviour pattern. This will generate their insights into the field and several research problems can be made in the areas of alcoholic parents. A number of research topics can be generated. The results of the study will also be strengthened by increasing the number of cities responding to the questionnaire survey. In addition, a longitudinal study can be conducted by future researchers to observe the changes of alcoholic parents among school going adolescent children over times.

12. Chapterization

There will be following four chapters in the research report of the proposed research:

Chapter 1: Introduction

Chapter 2: Review of literature

Chapter 3: Methodology

Chapter 4: Analysis of Data

Chapter 5: Summary and conclusion

References

References

Babita, M., Arif, A., and Amool, R. S., (2009), "Parent-child relationship in children of alcoholic and non-alcoholic parents," *Industrial Psychiatry Journal*, *18*(1), 32–35

Cermak, T. L. (1986), General Systems Theory: Jeremy P.Tarcher.

Cork R. Margaret, (1969); *The forgotten child*; published by paper Jacks in association with Addiction Research Foundation, Toronto, 61-73.

Fine, E.W., Yudin, L.W., Holmes, J.and Heinemann, J. (1976),Behavioural disorders in children with parental alcohol dependence; *Annuals of New York Academy of Sciences273*,505-517

Furtado, E.F., Laucht, M., Schmidt, M. H. (2002), "Psychiatric problems in children of alcoholic fathers," *Journal for child and Adolescent psychiatry and Psychotherapy*, *30*(4), 241-250

Hinkin, C.H.&Khan,M. W. (1995);Psychological symptomatology in spouses and adult children of alcoholics: An examination of hypothesized personality of codependency; *The International Journal ofAddiction,30* (7),843-861

Hughes, J.M. (1977); Adolescent children ofAlcoholic parents & the relationship of a lateen to these children, *Journal of consulting & Clinical Psychiatry, 45,946*-947.

Jacob, T.,and Windle, M., (2000), "Young adult children of alcoholics, depressed and non-distressed parents", *Journal of Studies on alcohol, 61* (6), 836- 844

Keller E. Thomas, Catalano F. Richard, Haggarty P. Kevin and Fleming B. Charles (2002); Parent Figure Transitions and Drug use among Early Adolescent children of Substance Abusers, *American Journal of Drug Alcohol Abuse*,28(3), 399-427.

Kroll. B., and Taylor. A., (2003), *Parental substance misuse and child welfare*, Jessica Kingsley Publishers, London, UK

Kumar P.N. Suresh, Thomas Biju; (2007), Family Intervention Therapy in Alcohol Dependence Syndrome: One year follow up study: Indian Journal of Psychiatry, *49*(3), 200-204.

Morey,C. K, (1999),Children of alcoholics: a school based comparative study, *Journal Drug Education*; *29*(1), 63-75

Nagalakshmi S.V. and Suman L.N. (1995); Family Interaction Patterns in alcoholic families,*NIMHANS Journal of Psychiatry, 145*(2), 185-190

Rao, K.., Begum, S., Venkataramana, V., Gangadharappa, N., (2002), "Nutritional neglect and physical abuse in children of alcohol dependent parents," *Indian JournalPaediatrics*, *68*(9), 8435, 2001

Rashmi R, (1995), *Impact of alcohol on wives and children of alcohol dependent addicts*,published MSW dissertation submitted to Mangalore University.

Thalackmattathil, C. (1996); *Psychiatric morbidity in spouses of patients with alcohol dependence*; unpublished doctoral dissertation submitted to University of Mysore.